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ABSTRACT

Prepared for American Indian school children in grades 4-8, this booklet is a reading resource on drug abuse prevention. The material is based on a concept of primary drug abuse prevention developed by Native American experts involved in various drug abuse programs: "primary prevention is a process of recognition and respect for Native cultural values and belief systems as they relate to human growth and development in preparing an individual to deal with his exposure to the use of drugs and alcohol". Fifteen prose and free verse selections are written in simple language and printed in large type; each is illustrated with a full page drawing or photograph of Indian subjects. The selections are concerned with the themes of accepting human emotions and developing feelings of pride and self worth. Selections titled "Buffalo", "Tree", "Flower", "Sun", and "Eagle" compare qualities in the natural world to positive human qualities, e.g., strength, gentleness, independence, generosity. Other selections discuss feelings of love, hope, joy, sadness, guilt, and anger, stressing the fact that everyone has many different kinds of feelings, both good and bad, and that learning to understand these emotions is part of growing. (JH)

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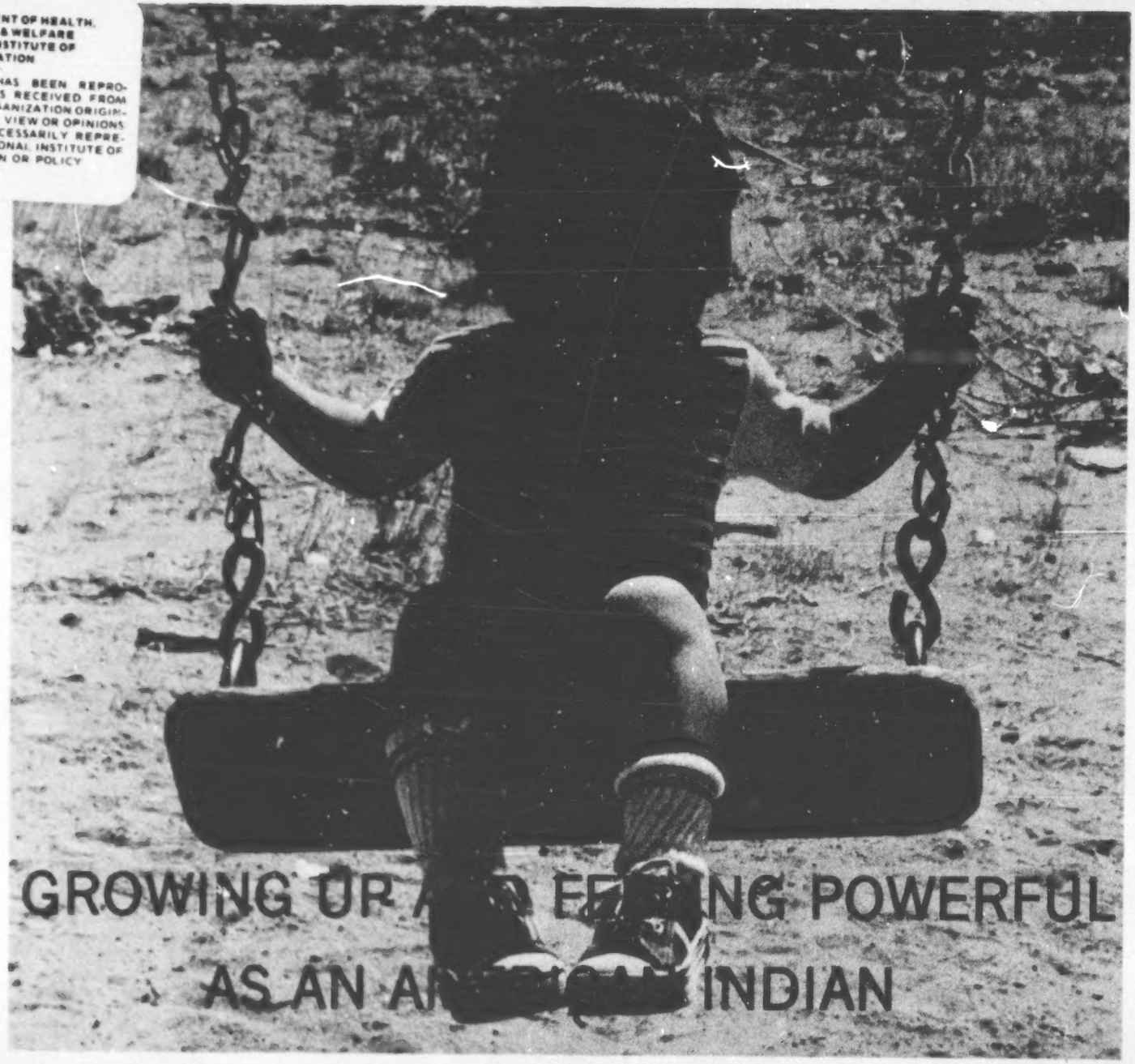

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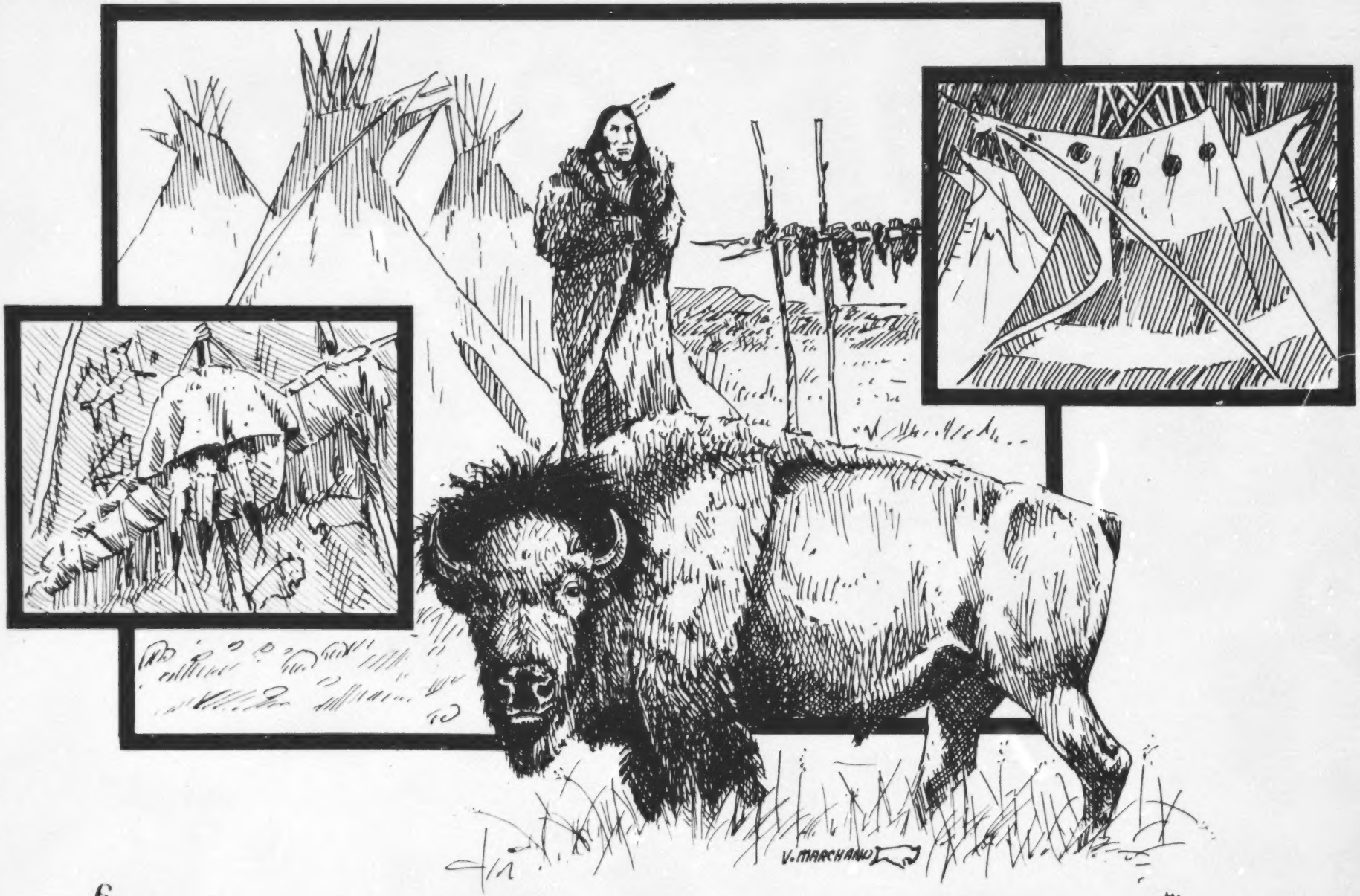
This booklet was prepared as a reading resource on drug abuse prevention for Native American school children in elementary grades 4 through 6. It could also be recommended for use by grades 7 and 8 in many schools. The theme of the booklet is based on a Native American concept of primary drug abuse prevention as developed by Native experts involved in various types of drug abuse programs. The concept is that "primary prevention is a process of recognition and respect for Native cultural values and belief systems as they relate to human growth and development in preparing an individual to deal with his exposure to the use of drugs and alcohol."

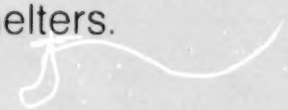
We hope that the teacher would use this booklet as a classroom and library resource as well as recommend its circulation outside of school education.


V. MARCHAND

BUFFALO

I am a buffalo. Many people saw me as powerful because of my strength and size. But I am more powerful because of the way I feel. I have good feelings about myself because of what I have given to others.

Years ago, I provided food for people so they could grow strong and healthy. I gave them my hide and clothed them with long robes. I kept them warm during the cold winter months. My hide was used to build good shelters.



You too can be strong and powerful. You can lift things, pull things, and push things. You can also do things for other people and make them happy. You too will have good feelings about yourself. As you grow, you will learn to do many different things. You will become strong and powerful.

V. marciliano

LIVING

We make life better for ourselves everyday
when we have feelings like
Love
Hope
and Good.

Everyone has many different kinds of feelings. We grow stronger when we learn how to handle both good feelings and bad feelings. As we have these feelings, we learn about life.

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TREE

I am a tree. I am tall and strong.
I have deep roots that make me strong.

Tall and strong people have deep roots, too.
These roots are good feelings people have
about themselves and of others.

You too can have strong and deep roots.
You can have good feelings to make you strong and tall.

Love is a strong feeling. When you love someone,
you do not do anything to harm them. Loving your parents
grandparents, brothers, sisters, and friends,
is a good and strong feeling.

V. MARCHAND

FEELING SAD

Feeling sad is alright. When you lose something that you care about, it makes you feel sad. Sometimes, it makes you want to cry. As you grow, there will be many more different things which will make you feel sad. But feeling sad too long or feeling sad too much is not alright. It can stop you from growing stronger each day.
It is important to learn this difference.

FEELING GUILTY

To feel guilty is alright. When you do something which you know is wrong, it will make you feel guilty. Sometimes, you can change what you did and make things right again.
Sometimes, there are things you cannot change so you must stop feeling guilty about it.

FEELING ANGRY

To feel angry is alright. When things don't go the way you want them to, it could make you feel angry and mad. Everyone gets hurt and mad sometimes in their life.
But feeling angry all the time, or, feeling angry for a long time is not alright. When you learn this difference, you will grow stronger everyday.

TO LIKE

To like someone or something is a good feeling.
Many people have special foods, people, animals, and things they like.
As you like other people and animals, they will also like you.
Liking someone is part of getting along with them and sharing things.
This feeling helps you become stronger.

TO HOPE

To hope is also a good feeling. Sometimes there are things around you which go wrong and seem to never get better. Some people keep on trying harder to make things better. Some people give up trying too easily and things never get better for them. Having these feelings of hope helps you grow stronger.

FEELING HAPPY

Feeling happy is also a good feeling. When you feel happy, you want to sing, dance, and play all day. Some people sing, dance, and play, and it makes them feel happy. It is important to remember that it is up to you to make choices about your feelings. Learning about these feelings and learning how to handle them is part of growing stronger every day.

J. MARCHAND

FRIENDS

To some people, being powerful means "going along with friends."

When this leads to better other people's lives, it can be very powerful. But "going along with friends" just to be liked can stop you from growing strong. Sometimes, a person must be strong and powerful by standing alone when you don't like what they are doing. It is alright to say "no" to your friends when you don't want to go along with them. If they are really your friends as they should be, they will still like you anyway.

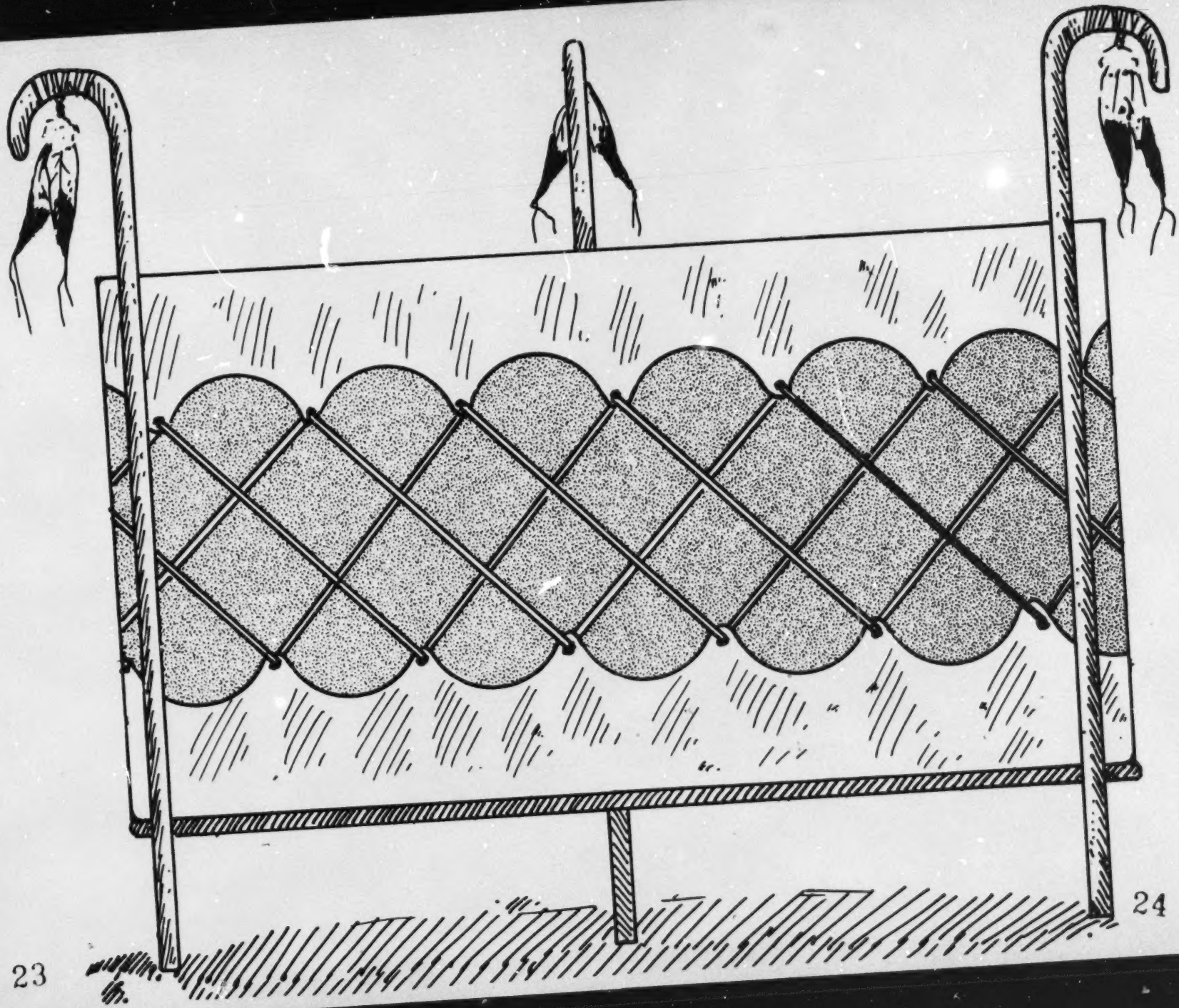
V. MARCHIANO

FLOWER

I am a flower.
My strength is my beauty.
You can
smell...
see...
and touch me.

I can be sweet and pleasing.
I can be different colors.
and I can be nice and soft.

You too, can be strong and beautiful.
You can learn to have beautiful feelings.
These feelings will help you grow strong.



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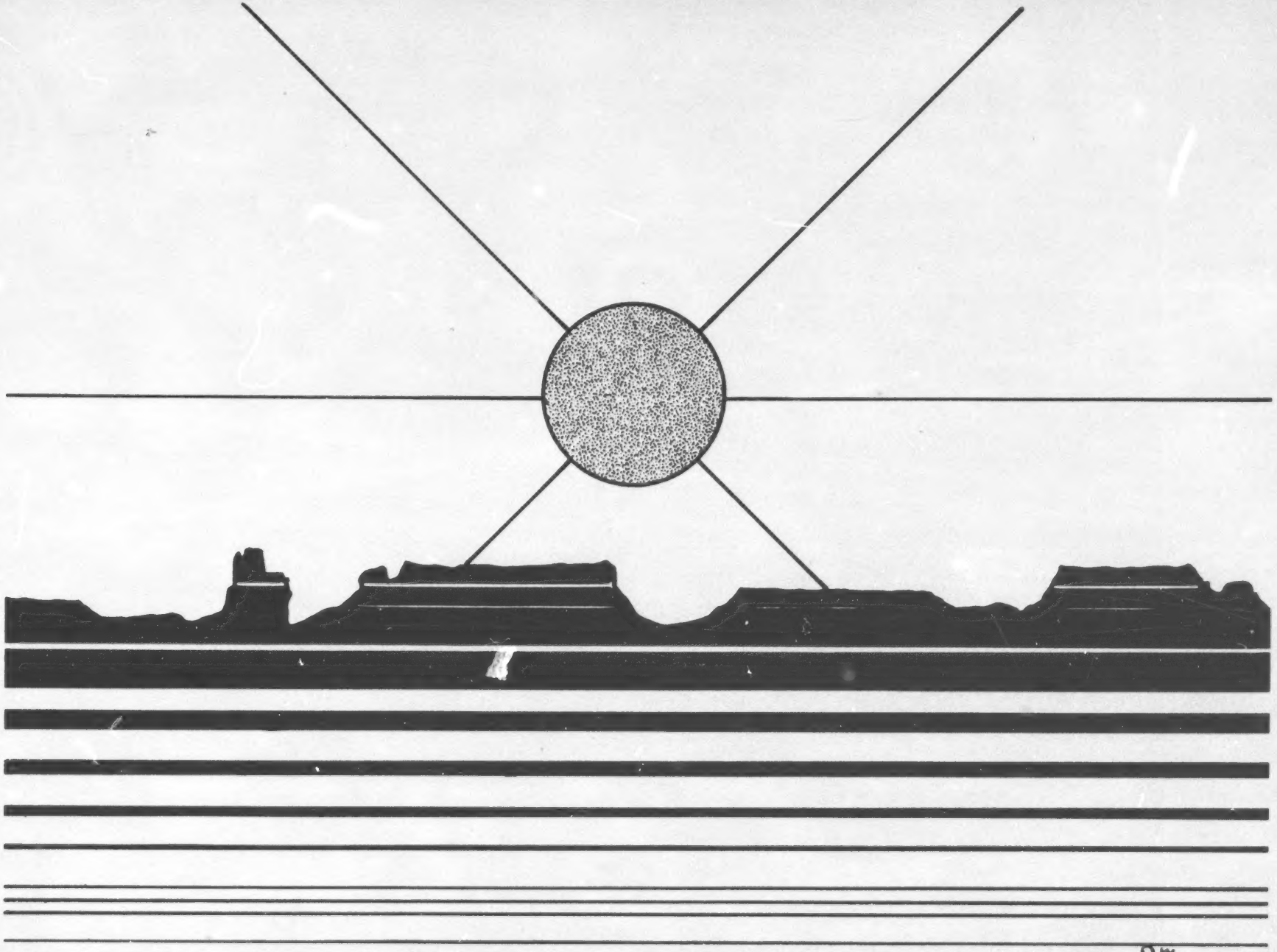
DRUM

I am a drum. I can be very powerful.
I can bring people together in strength and numbers.
I can bring many tribes together throughout Indian nations.
Some tribes sing and pray with me to the Great Spirit.
From the loud beats of my rhythm I am sometimes used to carry important signals throughout the villages. I can make many people sing and dance all night and all day.



SUN

I am the Sun. I am powerful in many ways. I give light and heat to warm the earth each day. During the night, the moon reflects my light, and with the stars, they can guide you in the dark. Long time ago, Indian people would rise early to come out from their homes, to wait and greet me as I rise. For those who still come to greet me I share with them my power and strength.

I help make plants grow. I like to see vegetables and fruits grow from the earth. I like to see fresh green grass and pretty flowers cover the earth.

You too can be powerful. You can think about what you want to do. You can choose what is best for you to do. You can make people happy by doing things for them. You can make different things. You can take care of different things and watch them grow. You can be proud and powerful by doing many things each day.

V. MARCHAND

EAGLE

I am an Eagle. I am powerful, bold and brave.
I spread my wings and soar proudly and free in the high skies.
I feel good when I share my feathers with my Indian brothers.
They respect me and pray that I give them my feathers.

With my feathers, they dance and sing proudly.
Some make pretty fans with colorful beads to hold my wings and tail.
With my feathers and wings, they give praise and thanks to the Great Spirit.

You too are important and powerful as Indian children.
You can be powerful by carrying on the Indian ways and traditions of our people. You must always be a proud and honoured people.
You must carry on the respect of Indian people
and I will always respect you.

POWERFUL

Being powerful is not how big or tall you are;
or how strong your muscles are;
or how well you can fight.

Being powerful comes from the way we learn to handle
our feelings, and the kind of person we make of ourselves.

You can become powerful each day
as you help others,
and as you take part in your community
and your home
towards making it a much better place to live.

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